

## Menu

Herb roasted House of Reaford turkey  
Cornbread stuffing  
Healthy pan gravy  
Whole cranberry sauce  
Family style green beans  
Candied yams  
Holiday Waldorf salad  
Sunbean Brand Dinner rolls  
Pumpkin pie with whip cream

All recipes are for eight people (8 servings)

### Herb Roasted Turkey

#### INGREDIENTS:

- 1 whole 12 to 14 pound House of Raeford brand turkey
- 1 tsp. rosemary
- 1 tsp. sage
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1/2 cup butter, melted
- 1- 2 cans Anne's Brand chicken broth (or 1 - 2 cups prepared turkey stock by simmering giblets and neck ahead of time until done)

#### PREPARATION:

1. Preheat the oven to 325°F. Set oven rack to the lowest position so the turkey will fit.
  2. Mix spices in with melted butter.
  3. Remove giblets and neck from turkey; reserve for other uses or use to make stock for basting and for gravy, if desired.
  4. Loosen skin from the turkey breast a bit, not totally detaching.
  5. Place the turkey, breast side up, on a rack in a large shallow roasting pan. Rub butter mixture all over the outside, and up under the loosened skin. Pour chicken broth or turkey stock into the bottom of the pan for moisture and basting. Use a large sheet of aluminum foil to make a tent over the entire bird. Hint: Truss the wings under the bird with baking string or wrap in aluminum foil to keep from over-browning. (If covering wings with foil, take foil off about 30 minutes before removing pan from oven.)
  6. Place in the preheated oven. Baste often with pan juices while cooking -- at least every 15-30 minutes. Add more broth or stock if pan drippings evaporate. After 2 hours, remove the foil tent. Keep roasting until a meat thermometer inserted in the thickest part of the thigh reaches 180° F, taking care that you are not hitting a bone. It should take about three to 4-1/2 hours total, depending on size and oven. Hint: Make a note of the weight and cooking time directions on your turkey label before discarding the wrapping.
- Carefully remove turkey and transfer to a large serving platter, and let stand about 30 minutes before carving. Hint: The standing time is part of the cooking time, so it is important to use a meat thermometer to know when the internal temperature reaches 180°F.

## Cornbread Stuffing

### Ingredients:

1 package of House A brand cornbread stuffing  
3/4-cup butter or trans fat free margarine  
1 med.-large onion, chopped  
2 or 3 stalks celery, chopped  
2 tsp. Poultry seasoning  
3/4 tsp. Ground sage  
1/2 tsp. black pepper  
1 can Anne's Brand chicken broth (or one 1/2 cups of prepared turkey stock; see turkey recipe)  
Cooked turkey parts, if saved, chopped

### Directions:

- Preheat oven to 350°F.
- In a large saucepan, combine chicken broth, celery, onion, butter, and spices. Bring to a boil; reduce heat, cover, and simmer until vegetables are tender, about 5 to 7 minutes.
- Add dry stuffing crumbs and stir gently until moistened. Mix in chopped turkey parts, if desired.
- Spoon into a lightly greased 1 1/2 qt. casserole dish, cover with foil or lid and cook for 30 minutes, depending on oven and desired consistency.
- Hint: For firm stuffing, continue to cook longer until set and cut into squares; For a moist, soggy style stuffing add more broth.
- This can be refrigerated a day ahead of time before cooking, and put straight into oven prior to meal time.

## Reduced Fat Turkey Gravy

### INGREDIENTS:

- Pan drippings from roasted turkey
- Flour
- Anne's brand chicken broth or prepared turkey stock (see turkey recipe)
- Salt and pepper to taste

### PREPARATION:

- Pour the turkey pan drippings into a 2 cup measuring cup and let stand until the fat rises to the top or refrigerate until fat is semi solid.
- Skim the fat off and place in a small bowl, reserving the remaining liquid in the measuring cup.
- Put about 2 heaping Tbs. of the skimmed off fat into a heated saucepan (or 2 Tbs. of butter if not using drippings)
- Stir in 2 heaping Tbs. all-purpose flour with a wooden spoon or whisk and cook on med. heat for about 3-5 minutes. Whisk constantly or until it turns a deep, golden

brown, and it begins to smell nutty. Hint: This makes a roux base for richer tasting gravy.

- Add enough chicken broth, stock or water back to the reserved liquid drippings to fill the 2-cup measure. Discard remaining fat drippings from bowl. Hint: you may also use 2 cups broth instead of any liquid turkey drippings to reduce total fat content.
- Gradually pour the 2 cups of liquid into the flour/fat mixture, using a wire whisk to stir rapidly until all the liquid is incorporated.
- Continue cooking and whisking frequently until thickened and bubbling, working out any lumps; about 10 minutes, or until desired thickness.
- Stir in salt and pepper to taste and bubble for one additional minute.
- Adjust the thickness of the gravy. If it is too thin, simmer, whisking often until the gravy is as thick as you want it. If it is too thick, whisk in a little more stock.
- Hint: Assuming you have removed the turkey from the roasting pan to a platter, you may scrape out some of the browned bits stuck to the bottom of the pan where the turkey sat and add it to the gravy mixture at the thickening and bubbling step. This adds more flavor and color.
- For perfectly smooth gravy (if desired), strain out the solids just before serving, using a fine sieve.

#### Whole Cranberry Sauce

##### Ingredients:

1 12-oz bag whole cranberries  
1 cup apple juice (or 1 cup orange juice)  
1 cup white sugar (or 3/4 cup SLENDA® brand sweetener)

##### Directions:

- Wash and place cranberries in 2-qt saucepan.
- Add choice of juice and sweetener and bring to a boil over high heat.
- Lower heat to medium and simmer until berries are tender, about 10 minutes, stirring occasionally.
- Serve warm or chill for later use.

#### Family Style Green Beans

##### Ingredients

- 3 15-oz cans Lowes brand cut green beans
- 1/4 cup olive oil
- salt and pepper to taste

##### Directions

1. Drain most of the liquid from the cans.
2. Pour green beans and a small amount of the liquid into a medium sized pot.

3. Add olive oil, salt and pepper and bring to boil.
4. Reduce heat and simmer until thoroughly heated, about 10 minutes.

### Candied yams

#### Ingredients

- 8 medium North Carolina sweet potatoes, cooked and peeled. Allow to cool. (or use one Brice's brand 40-oz can yams)
- 1/2 cup water (or liquid from can if using canned sweet potatoes.)
- 1 1/4 cups packed brown sugar
- 1/2 cup apple juice
- 1/3 cup butter or trans-fat free margarine, melted
- 1 dash of ground nutmeg or ground mace and cinnamon

#### Directions

1. Preheat oven to 350° F
2. Slice cooled potatoes and arrange in a lightly greased 2-1/2 qt. baking dish.
3. Distribute brown sugar, apple juice, water (or canned potato juice) and butter evenly over potatoes.
4. Bake uncovered for 40 minutes, basting occasionally, or until syrup thickens and potatoes are glazed.
5. Sprinkle with spice. Let stand for 15 minutes before serving.
6. Optional topping: Top with Lowes brand miniature marshmallows and heat under broiler until marshmallows turn brown and puffy, or add them about 10 minutes before removing from oven.

### Holiday Waldorf Salad

#### INGREDIENTS

- 1/4 cup reduced-fat mayonnaise
- 1 8 oz carton fat-free, vanilla flavored Lowes brand yogurt
- 2 large red NC apples, chopped
- 2 large green or yellow NC apples, chopped
- two medium bananas, sliced
- 1 cup red or green seedless grapes, halved
- 1/2 can (20 ounce) unsweetened pineapple tidbits
- 1 large orange; peeled, seeded and chopped (or 1 small can mandarin oranges, drained)
- 1/2 cup chopped celery
- 1/2 cup chopped North Carolina pecans
- 1/2 cup raisins
- 1/4 cup shredded coconut; use frozen package, canned or fresh grated (optional)
- 2 tablespoon dry-roasted sunflower kernels (optional)
- 1/2 cup red maraschino cherries, drained and halved for added color (optional)

#### DIRECTIONS

1. Prepare all fresh produce (except pecans and raisins) by washing with warm running water, and peel banana before slicing.
2. In a bowl, combine the first two ingredients and set aside.
3. Drain pineapple, reserving 1/4-cup juice (discard remaining juice or save for another use).

4. For plump raisins, bring one cup water to boil; add the raisins, return to a boil; cover with a tight fitting lid; remove from heat and let stand for 10 minutes; drain and cool. (optional)
5. In a large bowl, stir together the remaining ingredients and add the reserved pineapple juice.
6. Pour yogurt mixture over combined ingredients and toss to coat. Refrigerate until served.

Adjust texture and creaminess to taste by adding more mayonnaise or pineapple juice, if desired. This recipe works well with most any combination of fresh fruit, and the amounts of each are easily adjusted to suit family preferences.

## Pumpkin Pie

### INGREDIENTS:

- 1 1/2 cups pumpkin puree, canned or fresh (Hint: if using fresh cooked pumpkin, mash out liquid and drain well in colander before final measurement)
- 3/4 cup sugar
- 1/4 cup light brown sugar
- 1/2 teaspoon salt
- 1/4 teaspoon ground ginger\*      \*Alternatively, use 1 3/4
- 1/4 tsp. Ground cloves\*      tsp. Pumpkin pie spice
- 1/4 tsp. Ground nutmeg\*      instead of the ginger,
- 1 teaspoon ground cinnamon\*      cloves, nutmeg and
- 1 Tbs. all-purpose flour      cinnamon.
- 2 eggs, lightly beaten
- 1/4 cup melted butter or trans fat free margarine
- 1 cup evaporated milk, undiluted
- 1/2 teaspoon vanilla extract
- 1 unbaked deep dish pastry shell (9-inch)

### PREPARATION:

- Combine pumpkin, sugars, salt, spices, and flour in a medium mixing bowl. Add eggs; mix well. Add evaporated milk, melted butter, and vanilla; mix well.
- Pour into pastry shell. Bake at 400° for 15 minutes; reduce heat to 350° and bake about 35 minutes longer, or until center is set. Allow to cool a bit for easier slicing.

Add a dollop of Lowes brand non-fat whipped topping to each slice, if desired.